

# **STRENGTH AND BALANCE WORKSHOP**

## **THURSDAY, APRIL 20TH AT 6:30PM**

**Got strength and balance?**

**It's important to keep our body flexible  
and bones strong!**

**Learn the benefits of balance and  
strength with Lorraine Salerno,  
professional fitness instructor  
specializing with seniors, in this  
interactive workshop!  
No registration required.**

